

# Daily Practicing Routine [BeginnerGuitarOnline.com](http://BeginnerGuitarOnline.com)

Set your metronome, if you have one, to 60 bpm or as slow-fast as you can handle, as long as you can play without any mistakes.

Play each note of the exercise at the same timing as the clicks of the metronome.

You can play these exercises for as long as is comfortable for you. You can set a timer for 10 or 15 minutes for each exercise and you can set a goal to be able to play them with no mistakes until you reach a metronome setting of 120 BPM.

I know these exercises may seem boring and may even annoy any listeners that may be nearby, but some of the greatest guitarists did these exact type of exercises everyday for a period of time until they developed and became an awesome guitarist.

The following are "chromatic Interval finger strengthening and dexterity exercises". Chromatics are notes played in half step intervals. An Interval is a fancy name for spaces between notes or frets. This will help with your picking accuracy and left and right hand synchronization.

**practice exercise 1**

The image displays a guitar tablature for 'practice exercise 1'. It consists of three systems of six-line staves, each labeled 'TAB' on the left. The first system covers frets 1 to 4, with notes 1, 2, 3, and 4 on each string. The second system covers frets 5 to 8, with notes 1, 2, 3, 4 on fret 5; 1, 2, 3, 4 on fret 6; 2, 3, 4, 5 on fret 7; and 2, 3, 4, 5 on fret 8. A note above fret 7 says 'start with first finger on 2nd fret'. The third system covers frets 9 to 12, with notes 2, 3, 4, 5 on fret 9; 2, 3, 4, 5 on fret 10; 2, 3, 4, 5 on fret 11; and 2, 3, 4, 5 on fret 12. A note above fret 11 says 'continue to 3rd fret position'. A double bar line is at the end of the 12th fret. The page number '1/1' is in the bottom right corner.

Do this exercise in first position, then move it up a half step to the 2nd fret position and keep moving it up in half steps until you reach the 12th fret. Then work your way back in half steps back to first position.

Use all down picks for now. In level 2 there are more advanced picking techniques that you can learn.

## practice exercise 2

string pairs 6 & 5

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

string pairs 5 & 4

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

continue to string pairs 4 & 3 and so forth.

1/1

This exercise uses string pairs. The first string pair will be the 6 and 5 strings in the first 4 measures. Do this string pair in first position, then move it up a half step to the 2nd fret position and keep moving it up in half steps until you reach the 12th fret. Then work your way back in half steps back to first position.

Then in the next four measures you move up to the 5 and 4 string and do the same thing. Then move up to the 4 and 3 and so on.

## practice-exercise3

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

3 4 5 6 | 1 2 3 4 | 5 4 3 2 | 5 4 3 2

start with fourth finger on 5th fret

9 10 11 12 | 5 4 3 2 | 5 4 3 2 | 5 4 3 2

start w first finger on 3rd fret continue up the neck

13 14 15 | 3 4 5 6 | 3 4 5 6

1/1

In this exercise you will go up the strings the same as in ex 1, then shift to the second position

and go back down the strings starting with the fourth finger, then back up the strings from the third position starting with the 1st finger on the 6th string and so forth.

In level 2 you can learn scales that you can practice using these techniques as well.

### **Practice Chords and Strumming**

Print out the chord chart and lesson 4 strumming patterns to practice.

Practice the chords from the 3 keys.

Play 4 down strums for each chord in the key. You can use a metronome for strumming as well. Your goal is to be able to switch smoothly from one chord to another.

#### **Key of C**

C /// | Dminor /// | E /// | F /// | G /// | Aminor ///

The "F" chord may take some time to get. Lay your first finger down over the first two strings. Not curled for this chord. Keep trying, you will get it.

C /// | F /// | G /// | C ///

#### **Key of G**

G /// | Aminor /// | Bminor /// | C /// | D7 /// | Eminor ///

G /// | C /// | D7 /// | G ///

#### **Key of A**

A /// | Bminor /// | C#minor /// | D /// | E ///

A /// | D /// | E /// | A ///